

Services and Locations

Inova Psychiatric Assessment Center (IPAC)

2740 Prosperity Avenue, Fairfax, VA 22031

- Psychiatric or Addiction Crisis Evaluation
- Walk-in or by appointment
- Central Access Call Center **703.289.7560**

Inova Fairfax Hospital

3300 Gallows Road, Falls Church, VA 22042

- Inpatient psychiatry
- CATS Inpatient detox
- CATS Day Treatment (PHP)

Inova Behavioral Health Outpatient Center - Fairfax

3020 Javier Road, Fairfax, VA 22030

- Mental Health Day Treatment (PHP)
- CATS Intensive Outpatient Program (IOP)
- Medication Management Services
- Counseling Services - Individual Psychotherapy

Inova Kellar Center - children and adolescents

11204 Waples Mill Road, Fairfax, VA 22030

- Mental Health Day Treatment (PHP)
- Mental Health Intensive Outpatient Program (IOP)
- Medication Management Services
- Counseling Services - Autism spectrum, ADD and educational Testing, Individual and Family Psychotherapy, DBT group
- Therapeutic Day School

Inova Mount Vernon Hospital

2501 Parkers Lane, Alexandria, VA 22306

- Inpatient Psychiatry

Inova Behavioral Health Outpatient Center - Mount Vernon

6910 Richmond Highway, Suite 110, Alexandria, VA 22306

- Mental Health Day Treatment (PHP)
- CATS Intensive Outpatient Program (IOP)
- Medication Management Services
- Counseling Services - Individual Psychotherapy

Inova Loudoun Hospital - Cornwall Campus

224 Cornwall Street, N.W., Leesburg, VA 20176

- Inpatient Psychiatry

Inova Behavioral Health Outpatient Center - Leesburg

19C Fort Evans Road, N.E., Leesburg, VA

- Mental Health Day Treatment (PHP)
- CATS Intensive Outpatient Program (IOP)
- Medication Management Services

Inova Fair Oaks Hospital

2535 Joseph Siewick Drive, Fairfax, VA 22033

- Bariatric Counseling

Admissions

For Admissions/Questions regarding our adult services call **703.289.7560** to speak with one of our Inova Psychiatric Assessment Center (IPAC) clinicians. Urgent psychiatric and addiction treatment assessments are available by walk-in or appointment at IPAC.

For Admissions/Questions regarding our adolescent and pediatric services call Inova Kellar Center **703.218.8500**.

Inova Behavioral Health accepts most insurances. Competitive self-pay rates are also available.



[inova.org](https://www.inova.org)

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Inova Behavioral Health Services



Inova Behavioral Health Services

Inova Behavioral Health Services supports Inova's overall mission, promoting total wellness – mind and body – by offering a full spectrum of mental health and addiction treatment services to the community in Northern Virginia and the metropolitan Washington, DC area.

We combine compassionate care with professional, evidence-based treatment.

Inova Behavioral Health Services provides our diverse clientele with a comprehensive continuum of care by offering a variety of treatment options.



Description of Services

Inova Psychiatric Assessment Center (IPAC)

IPAC provides a unique and valuable resource to our community by offering an urgent psychiatric assessment. IPAC serves as an access point for all of Inova Behavioral Health's inpatient and outpatient programs. IPAC's clinicians may be accessed by phone 24/7 at **703.289.7560**.

Inpatient Services

Inova Behavioral Health's *inpatient psychiatric units* are located within the Inova Medical Campus's at the Fairfax, Mount Vernon, and Leesburg locations. Our renowned *CATS inpatient detox unit* is located within the Inova Fairfax Medical Campus. Our inpatient units provide clients with safety, structure, and stabilization via medication management and therapeutic group activities held throughout the day. Our multi-disciplinary treatment team includes physicians, nurses, therapists, and case managers.

Day Treatment/Partial Hospitalization Program (PHP)

Brief, supportive and structured crisis intervention, led by a multidisciplinary treatment team utilizing evidence-based treatment modalities. Each PHP consists of daily therapeutic and educational groups with either a mental health or addiction recovery emphasis. Medication evaluation and management are provided by a physician as needed.

The overall length of stay varies on a case-by-case basis and is usually one to two weeks.

Intensive Outpatient Program (IOP)

Intensive recovery group services structured to address the needs of those in early recovery from chemical dependence.

- *A dual diagnosis IOP* is available for those with a co-occurring chemical dependence and a psychiatric diagnosis.

Each IOP usually meets three times a week, for three hours at a time, for a total of 10 weeks. Day and evening times are offered.

Medication Management Services

Includes psychiatric evaluation and medication management performed by a psychiatrist or psychiatric nurse practitioner:

- *Depot Medication Clinic* – long-acting Zyprexa, Haldol, Risperdal administered intramuscularly by a registered nurse.
- *Medication Assisted Therapy* – Suboxone and Vivitrol induction and maintenance prescribed and supervised by a physician and administered by a nurse. Hepatitis B vaccine also available.

Counseling Services

- *Individual and family psychotherapy*
- Specialty groups focus on a particular topic such as *sober living and relapse prevention* for those who have managed through early recovery.
- *Bariatric counseling* is available for those who have completed a bariatric procedure.
- *Family awareness groups* are available for family members of those in recovery.
- Inova Kellar Center offers *dialectical behavioral therapy (DBT) groups, skills groups and psychotherapy groups* for adolescents.